

All Foods In Schools

Summary

"All Foods Sold in Schools" must:

- Be a "whole grain-rich" grain product; **or**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **or**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; **or**
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern, calcium, potassium, vitamin D, or dietary fiber (will expire 2016).

Calorie limits:

- Snack items: ≤ 200 calories.
- Entrée items: ≤ 350 calories.

Sodium limits:

- Snack items: ≤ 230 mg (200 mg in 2016).
- Entrée items: ≤ 480 mg.

Fat limits:

- Total fat: ≤ 35% of calories.
- Saturated fat: < 10% of calories.
- Trans fat: zero grams.

Sugar limit:

- ≤ 35% of weight from total sugars in foods.



http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf

Combination Foods

- Products containing two or more components, representing two or more of the recommended food groups:
 - Fruit, vegetable, dairy, protein, or grains.
 - When vegetables and/or fruit are counted as a component, at least $\frac{1}{4}$ cup of fruit and/or vegetable is required.
- Examples:
 - Cheese and crackers.
 - Hummus and vegetables.
 - Fruit cobbler with whole grain rich crust.



Whole Grain Rich

- Grain products must include 50% or more whole grains by weight or have a whole grain as the first ingredient.
- Consistent with NSLP meal pattern standards.
- Easily identified by reading product labels.



Exemptions from All Nutrient Standards

Fruit

- Fresh.
- Frozen.
- Canned:
 - In water.
 - In 100% juice.
 - In light syrup.
 - In extra light syrup.

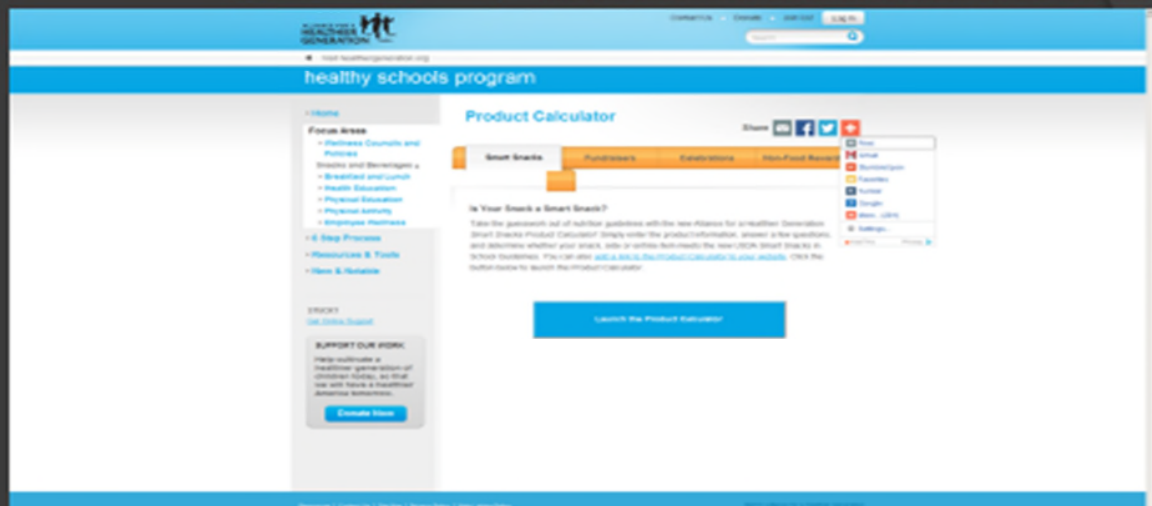
Vegetables

- Fresh.
- Frozen.
- Canned:
 - **No added ingredients** except water.
 - Small amount of sugar for processing purposes is allowed.

Smart Snacks Calculator



https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator



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